



Vol. 16

With Honors

Fall 2023

THE IOWA STATE HONORS ALUMNI NEWSLETTER

University Honors Program: Fall 2023 Semester in Review

The Fall 2023 Semester began with some intense heat... Literally! A prolonged heat wave with index temperatures peaking around 105 degrees or more made for a sticky first week of classes. Luckily, we had a great team of Undergraduate Assistants, Honors Ambassadors, former leaders, and Honors Student Board members to help shift most of the First-Year Honors Program Kickoff activities to be out of the heat as much as possible. Honors students continued to avoid the high temperatures by touring the library, enjoying the HSB ice cream social, and coming to Jischke Honors Building for ice-cold water and cookies.

To make the hot days even more excessive, on Aug. 24, a piece of equipment at the university's power plant malfunctioned, causing a fire in its basement that knocked out all four of the plant's chillers. Air conditioning shut down across campus, causing classes to move online for the rest of the week for the safety of the students, faculty, and staff. Thankfully, all power plant employees and contractors evacuated with no injuries reported, and power was restored by the following day.

The rest of the semester went off without any other fires to put out. Honors students participated in multiple exciting Honors Student Board events, like ice skating, pumpkin carving, making friendship bracelets, Bob Ross painting tutorials, and many other fun activities that occurred almost every week! The FHP Retreat saw great success with another thrilling night at Camp Hantesa on Sept. 15 (see more on page 3).

Along with learning from seminars and workshops, this semester's service-learning component for FHP had Honors

121 sections engaging with organizations on and off campus that seek to alleviate food insecurity in Story County, Central Iowa, and elsewhere. Sections bonded together and developed real-world skills by volunteering with Meals from the Heartland, Food at First, and other local grocery store food drives by packing and serving hot meals. Other sections participated in the component by going "trick or treating" through local neighborhoods in Ames to collect items to donate to our on-campus food pantry, The S.H.O.P.

Much like the Fireside Chats at Osborn Cottage, we offered four Honors Salons this semester with trending topics to pique the interests of our students. A longtime friend of the University Honors Program, Dr. Joan Cunnick, hosted the first salon at the beginning of September with her topic of "Diseases & Vaccines: What are the Risks and Benefits?" The second salon, "Water, Water Everywhere, nor Any Drop to Drink: Not Just a Sailor's Tale," was hosted by associate professor Dr. Kaoru Ikuma. Her salon focused on potable water treatment, water crises, growing mistrust in tap

water, and the possibilities to solve it.

During the beginning of October, Dr. Jeffrey Wheatley told the story of Charles Guiteau during his Honors Salon of "Religious Insanity in Law: The Life and Execution of Charles Guiteau." Our fourth and final salon, hosted by ISU alumna Dr. Sarah Fischer, had the hot topic of "Stress Management and Self Care as Career Skills." She highlighted the eight types of self-care, allowed attendees to engage in stress management practices, and showed students how to use these skills in their future careers or even in class.

Finally, the Fall 2023 semester concluded with our bi-annual poster session and convocation event. This semester, 62 upper-division students presented at the poster session, including 28 graduating seniors who recently joined your ranks as alumni. An additional 7 Outstanding First-Year Honors Mentor Program Award recipients shared their research as well. We are so incredibly proud of those who presented their research and all the other dedicated students working toward their goal of graduating with honors.



Honors 121, Section D3 volunteering with Meals from the Heartland to pack meals on-campus.

Alumni Spotlight: Nate Dobbels



Fall 2023 First-Year Honors Program Retreat



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Iowa State University Honors Program
2130 Jischke Honors Building
603 Farm House Lane
Ames, IA 50011-1057



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Your Gift at Work

In Fall 2023, 427 students enrolled in the First-Year Honors Program.



160 Honors students lived in Honors Housing.



Seminars hosted this past semester. Ten were on new subjects.

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302 Students participated in mentored research in Fall 2023 and Spring 2024.



146 Students graduated with honors in 2022-23.

